



Fun Physical Activities You CAN Do During COVID-19:

- Make some activity dice...roll the dice and do the activity.
- Take a walk in the woods or on a trail.
- Go to the park and play.
- Have an outdoor scavenger hunt- make a list of things to find!
- Dance to music.
- Use old costumes to pretend and run around the house.
- Place tape on the floor and see how far you can jump!
- Use online activity sites like www.gonoodle.com
- Make paddles with paper plates and paint sticks. Use them to keep a balloon in the air.
- Place colored paper on the floor and have your child jump to the color.
- Blow bubbles outside and run after them.
- Use a light scarf or tissue paper and try to keep it in the air.
- Shoot hoops in the driveway.
- Play driveway hockey with your family.
- Kick the soccer ball around, practice dribbling.
- Create an indoor or outdoor obstacle course.
- Line up buckets and toss balls into the bucket- have a contest.

Try This:

